



# TRYKA



CLAN FORMAT

## A MESSAGE FROM OUR FOUNDER AND CEO



I AM VERY EXCITED TO HAVE YOU COMPETING WITH US IN OUR FITTEST CLAN RACE AND HOPE YOU FIND EVERYTHING YOU NEED TO MAKE YOUR RACE-DAY EXPERIENCE AS SMOOTH AND ENJOYABLE AS POSSIBLE.

THIS PACK CONTAINS YOUR EVENT SCHEDULE, VENUE MAP AND KEY POINTS FOR THE DAY. PLEASE TAKE THE TIME TO CAREFULLY CHECK THE LOCATIONS OF YOUR RACE START, WARM-UP AREA AND YOUR REQUIRED NUMBER OF RUN LAPS. ARRIVING IN PLENTY OF TIME WILL HELP KEEP THE EVENT RUNNING SMOOTHLY FOR YOU, YOUR FELLOW ATHLETES, AND OUR CREW.

REMEMBER, TRYKA IS AS MUCH ABOUT COMMUNITY AS COMPETITION. I HOPE YOU ENJOY THE CHALLENGE, PUSH YOUR LIMITS AND SOAK UP THE ATMOSPHERE. WHETHER IT'S YOUR FIRST EVENT OR YOU'RE CHASING A PERSONAL BEST, YOU'VE ALREADY DONE THE HARD WORK — NOW IT'S TIME TO SHOW IT ON THE COURSE.

HEALTHY REGARDS

A handwritten signature in black ink that reads "Brian Lee". The signature is fluid and cursive, with the first name "Brian" on top and the last name "Lee" below it, slightly overlapping.

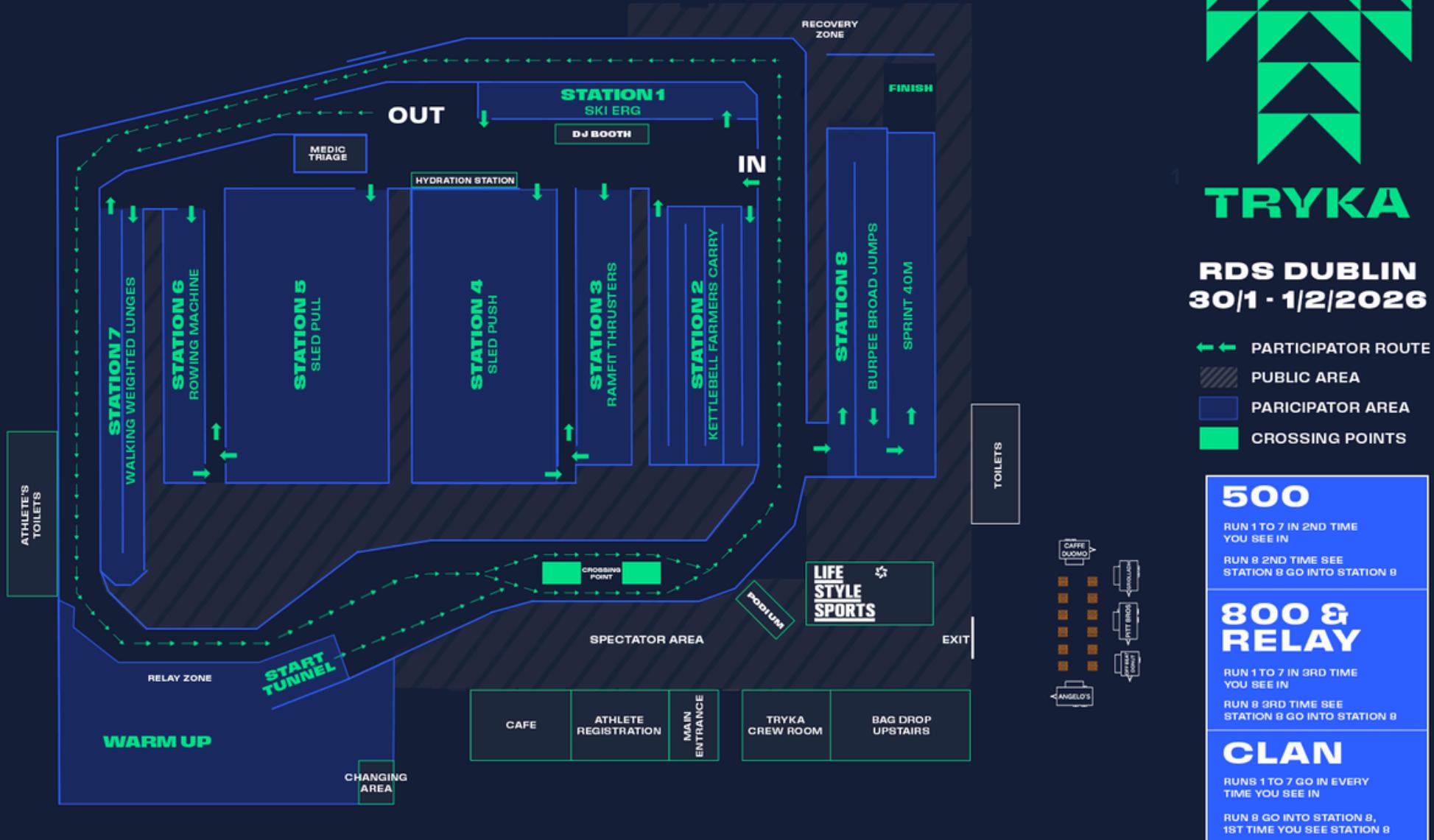


WE DON'T QUIT. WE TRYKA



**TRYKA**

**RDS DUBLIN**  
**30/1 - 1/2/2026**



# TRYKA RACE FORMAT



1  
1,000M  
SKIERS



2  
200M  
KETTLEBELL FARMERS CARRY



3  
60 REPS  
RAMTHRUSTERS



4  
50M  
SLED PUSH



5  
50M  
SLED PULL



6  
1,000M  
ROWER



7  
100M  
WALKING LUNGES



8  
80M  
BURPEE BROAD JUMPS

START



40M SPRINT  
FINISH

WE DON'T QUIT  
WE TRYKA



# START TIME AND WAIVER

## KEY POINTS

**MAKE SURE ALL THE DETAILS ON YOUR TICKET ARE CORRECT, FINAL CHANGES BY THURDAY 22<sup>ND</sup> JANUARY**

**WAVE TIMES WILL BE ISSUED BEFORE TUESDAY 27<sup>TH</sup> JANUARY**

**ALLOCATED WAVE TIMES CAN NOT BE CHANGED**

**THE PHOTO AND PARTICIPATION WAIVER NEEDS TO BE SIGNED IN ORDER TO COMPETE. THIS IS SENT PRIOR TO THE EVENT. IF THE WAIVER ISNT SIGN CLAN MEMBERS CANT PARTICIPATE**

**TRYKA**



# REGISTRATION

## KEY POINTS

EACH CLAN WILL CHECK IN AND BE GIVEN THEIR RACE BANDS AND 1 TIMING CHIP TO BE WORN BY 1 ADULT. THIS INFO PACK SHOULD BE READ IN CONJUNCTION WITH THE FULL MOVEMENT STANDARDS. THE CLAN WILL BE BROKEN INTO 2 PAIRS - CONSISTING OF 1 ADULT AND 1 CHILD. THE ADULT AND CHILD IN EACH PAIR WILL BE GIVEN A COLORED SWEAT WRIST BAND

YELLOW 8-9YRS

LIGHT BLUE 10-11 YRS

BLACK 12-13 YRS BOYS

GREEN 12-13 YRS GIRLS

ORANGE 14-15 YRS BOYS

NAVY 14-15 YRS GIRLS

# TRYKA



# REGISTRATION

**TRYKA**

**WRISTBANDS**



|   |   |
|---|---|
|      | <p>1<br/>ALL CLAN MEMBERS GET THIS BAND</p>   |
|      | <p>8 - 9 BOYS AND<br/>GIRLS + 1<br/>ADULT</p> |
|     | <p>10-11 BOYS AND<br/>GIRLS + 1<br/>ADULT</p> |
|   | <p>12-13 BOYS + 1<br/>ADULT</p>               |
|  | <p>12-13 GIRLS + 1<br/>ADULT</p>              |
|    | <p>14-15 BOYS + 1<br/>ADULT</p>               |
|   | <p>14-15 GIRLS + 1<br/>ADULT</p>              |

**TRYKA**



# RUNS

## KEY STANDARDS

ALL 4 CLAN MEMBERS COMPLETE THE RUNS TOGETHER

YOU MUST ALL STAY TOGETHER ON THE RUNS AND YOU  
CANNOT START THE STATIONS UNTIL ALL MEMBERS OF THE  
CLAN ARE AT THE WORKSTATION

FOR RUNS 1 TO 7 THE 1<sup>ST</sup> TIME YOU SEE IN YOU GO IN

FOR RUN 8 THE 1<sup>ST</sup> TIME YOU SEE STATION 8 YOU GO IN

TRYKA



# SKI-ERG — 1,000 M

## KEY STANDARDS

ALL 4 CLAN MEMBERS WILL WORK ON IGYG (I GO YOU GO) TO COMPLETE THE DISTANCE. THE CHILDREN SHOULD TRY COMPLETE THE SUGGESTED DISTANCE AS PER THE MATRIX

DAMPER CAN BE CHANGED, STAY ON THE PLATFORM WHILE SKIING. AT 1,000 M, RAISE YOUR HAND; WAIT FOR JUDGE CONFIRMATION BEFORE LEAVING.

DO NOT HAND THE HANDLES TO YOUR TEAM MEMBER. HANDLES MUST BE FULLY RELEASED BEFORE NEXT PERSON GOES AND ADULTS CAN THEN HELP SMALLER CHILDREN WITH THE HANDLES, IF REQUIRED

**TRYKA**



# KETTLEBELL FARMER'S CARRY — 200 M

## KEY STANDARDS

YOU WILL WORK IN YOUR PAIRS (SAME WRISTBAND COLOR). USE DIVISION-CORRECT KETTLEBELLS

CARRY AT SIDES WITH ARMS EXTENDED AND BELLS OUTSIDE THIGHS. IGYG CHANGEOVERS; NON-WORKING ATHLETE STAYS BEHIND; PLACE BELLS DOWN BEFORE SWITCHING

SET DOWN TO REST AS NEEDED. STATION ENDS WHEN ATHLETES AND BOTH KETTLEBELLS CROSS THE FINISH LINE; RETURN KETTLEBELLS NEATLY TO THE STORAGE AREA, AS SHOWN BY THE JUDGE.

**TRYKA**



# KETTLEBELL FARMER'S CARRY — 200 M

**TRYKA**



**KETTLE BELL FARMERS CARRY**



**4KG**



**8KG**



**16KG**

**TRYKA**



# RAMFIT THRUSTERS — 60 REPS

## KEY STANDARDS

ALL ATHLETES WILL COMPETE AT THEIR OWN RAM WEIGHT  
TO COMPLETE THE 60 REPS AS A TEAM

SQUAT TO PARALLEL

FINISH EACH REP WITH FULL EXTENSION/LOCKOUT  
OVERHEAD

JUDGED BY AI, ATHLETE NEEDS TO PRESS START ON THE  
SCREEN

IGYG; RETURN RAM NEATLY

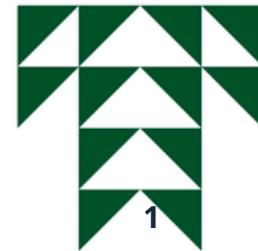
TRYKA



# RAMFIT THRUSTERS – 60 REPS

**TRYKA**

**RAM THRUSTERS**



1



Female Adult +  
14-15 Boy



**8.5KG**

Male Adult



**15KG**



Child



**5KG**

**TRYKA**



# **SLED PUSH — 50 M (4 X 12.5 M)**

## **KEY STANDARDS**

**MUST TAKE DESIGNATED LANE ASSIGNED BY JUDGE/HEAD JUDGE BASED ON YOUR COLORED WRISTBAND**

**START BEHIND THE LINE. PUSH FROM BEHIND THE SLED.  
STAY IN YOUR LANE; SLED MUST FULLY CROSS EACH 12.5 M LINE BEFORE TURNING.**

**DONE IN PAIRS, 1<sup>ST</sup> PAIR COMPLETE THEIR 2 LENGTHS BEFORE NEXT PAIR DO THEIRS**

**IGYG, PARTNER WALKS BEHIND.**

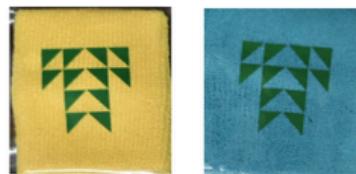
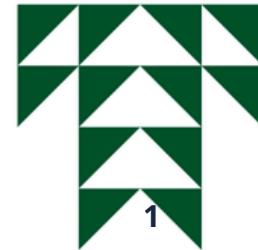
**TRYKA**



# SLED PUSH — 50 M (4 X 12.5 M)

**TRYKA**

## SLED PUSH



36.5KG  
2 POLES



75KG  
1 PLATE



50KG



100KG  
2 PLATES

**TRYKA**



# **SLED PULL — 50 M (4 X 12.5 M)**

## **KEY STANDARDS**

**MUST TAKE DESIGNATED LANE ASSIGNED BY JUDGE/HEAD JUDGE BASED ON YOUR COLORED WRISTBAND**

**START BEHIND THE LINE. PULL THE SLED. MUST STAY IN YOUR BOX; SLED MUST FULLY CROSS EACH 12.5 M LINE BEFORE TURNING.**

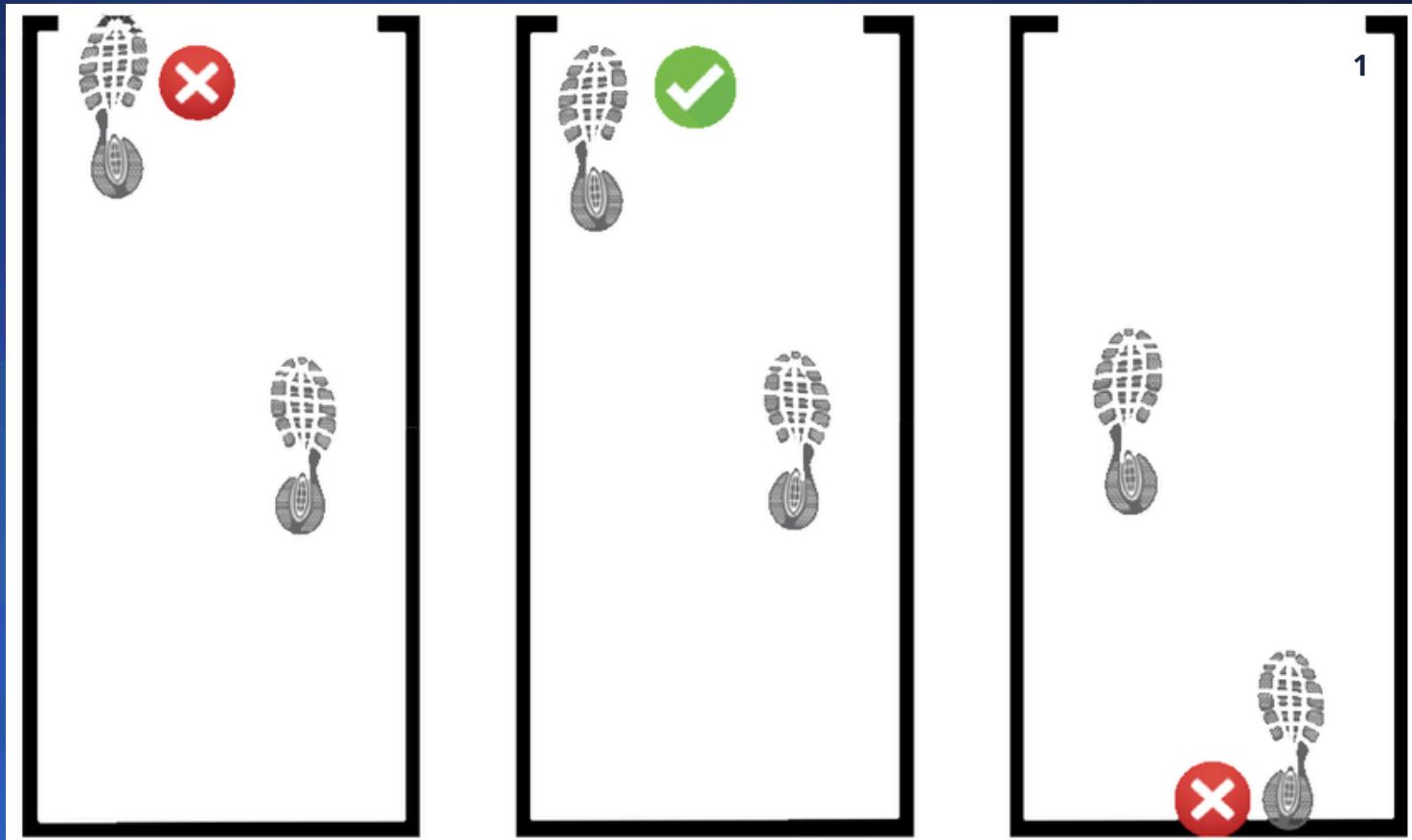
**DONE IN PAIRS, 1<sup>ST</sup> PAIR COMPLETE THEIR 2 LENGTHS BEFORE NEXT PAIR DO THEIRS**

**TRYKA**

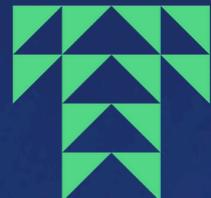


# SLED PULL — 50 M (4 X 12.5 M)

## FOOT PLACEMENT



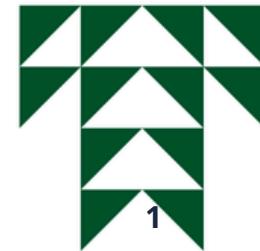
TRYKA



# SLED PULL — 50 M (4 X 12.5 M)

**TRYKA**

## SLED PULL



|  |                            |                           |
|--|----------------------------|---------------------------|
|  | 25KG<br>TRYKA              | 50KG<br>1 PLATE<br>TRYKA  |
|  | 1 x 15kg<br>PLATE<br>TRYKA | 75KG<br>2 PLATES<br>TRYKA |

**TRYKA**



# ROWING MACHINE — 1,000 M

## KEY STANDARDS

COMPETE AS A TEAM OF 4

JUDGE ZEROES MONITOR

STRAP FEET BEFORE GRABBING THE HANDLE; DO NOT  
TOUCH THE SCREEN.

AT 1,000 M, ATHLETE RAISES HAND AND WAIT FOR JUDGE  
CONFIRMATION BEFORE LEAVING

IGYG; RELEASE HANDLE AND UNSTRAP FEET BEFORE  
SWITCHING

TRYKA



# **WALKING WEIGHTED LUNGES — 100 M**

## **KEY STANDARDS**

**COMPETE IN YOUR PAIRS USING CORRECT WEIGHT**

**PLACE RAM ON UPPER BACK ; KEEP IT THERE (NO DROPS)**

**ALTERNATE LUNGES; TRAILING KNEE MUST TOUCH THE GROUND; STAND UPRIGHT EACH REP; NO SHUFFLES OR EXTRA STEPS**

**PENALTIES ESCALATE FOR INFRINGEMENTS, NO WARNING FOR DROP, STRAIGHT PENALTY FOR EACH INFRINGEMENT**

**DOUBLES: IGYG; HAND RAM BACKWARD WHEN SWITCHING; PARTNER STAYS BEHIND.**

**TRYKA**



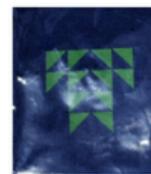
# WALKING WEIGHTED LUNGES — 100 M

**TRYKA**

**WALKING WEIGHTED LUNGES**



**BODY WEIGHT**



**TRYKA**



# BURPEE BROAD JUMPS — 80 M

## KEY STANDARDS

HANDS BEHIND START LINE;



CHEST-TO-FLOOR IN THE BURPEE

WHEN JUMPING OR STEPPING OUT OF ANY BURPEE, THE FEET CANNOT GO BEYOND THE ATHLETES FINGERTIPS



TRYKA



# BURPEE BROAD JUMPS — 80 M

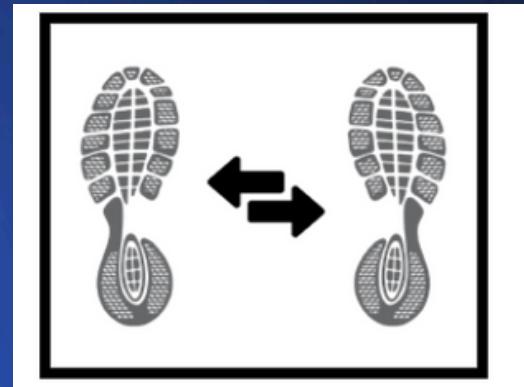
## KEY STANDARDS

**CHEST-TO-FLOOR IN THE BURPEE; UP WITH PARALLEL FEET**

**JUMP FORWARD WITH CONTROLLED LANDING (FEET  
PARALLEL)**

**NO SHUFFLES OR EXTRA STEPS.**

**FINISH BY JUMPING OVER THE LINE.**



**IGYG; NON-WORKING ATHLETES WALKS BEHIND. 20M EACH**

**TRYKA**



# GENERAL

## KEY STANDARDS

- FLUIDS PROVIDED AT AID STATIONS ARE FOR DRINKING ONLY AND SHOULD NOT BE USED FOR ACTIVE COOLING; PENALTIES FOR MISUSE.
- NO WATER OR HYDRATION LIQUID IS ALLOWED IN THE STATION AREAS, 2 MIN PENALTIES APPLY FOR EACH INFRINGEMENT.
- AT NO TIME CAN THERE BE ANY EXTERNAL ASSISTANCE, THIS CAN RESULT IN A PENALTY UP TO A DQ.
- ATHLETES ARE NOT ALLOWED TO CLEAR THEIR NOSE ONTO THE TRACK OR STATION. SPITTING ON THE GROUND IS ALSO FORBIDDEN.

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# GENERAL

## KEY STANDARDS

- **7.1 PERMITTED ITEMS**
- **KNEE SLEEVES**
- **GLOVES (NOT GRIPS)**
- **WEIGHTLIFTING BELTS**
- **WRISTBANDS**
- **HYDRATION PACKS**
- **WATCHES AND TRACKERS, SUCH AS MYZONE**
- **PRESCRIBED RESPIRATORY DEVICES (E.G., ASTHMA INHALERS) REQUIRE A MEDICAL CERTIFICATE AND IT MUST BE CARRIED BY THE ATHLETE.**
- **NOISE REDUCTION DEVICES FOR THOSE WITH SENSORY ISSUES, WILL NEED TO BE PRE-APPROVED AND NOTED ON THE ATHLETE'S NUMBER. (YELLOW WRIST BAND)**



# GENERAL

## KEY STANDARDS

### PROHIBITED ITEMS

- THE FOLLOWING ITEMS ARE STRICTLY FORBIDDEN:
- HEADPHONES
- CELL PHONES (UNLESS APPROVED FOR MEDICAL REASONS)
- VR HEADSETS
- CAMERAS
- HELMETS AND BREATHING APPARATUSES

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# FINISH LINE

## KEY STANDARDS

WHEN YOU FINISH COLLECT YOUR FINISHER PATCHES

WHEN YOU HAVE FINISHED GETTING YOUR PHOTO YOU  
NEED TO GIVE BACK YOUR TIMING CHIP, PLACE TAG IN THE  
TRAY AND VELCRO IN BIN

THERE IS A €50 FEE CHARGED FOR EACH TAG NOT  
RETURNED

TRYKA



# LIFE STYLE SPORTS



LIFE STYLE SPORTS ARE OUR  
OFFICIAL CLOTHING PARTNER  
AND THEY HAVE PROVIDED A  
DISCOUNT CODE FOR ALL OF  
OUR ATHLETES



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# RACE FORMAT



Group

Adults + 8-9 Years. Boys & Girls

Adults

Youngsters

**O1**

**SkiErg\*** 1,000m

350m

150m

**O2**

**Kettlebell  
Farmers Carry** 200m\*\*

4kg

**O3**

**RamThrusters** 60 reps 20 x 8.5/15kg 10 x 5kg  
(with RAM roller)

**O4**

**Sled Push** 4 x 12.5\*\*

36.5 kg

**O5**

**Sled Pull** 4 x 12.5\*\*

25kg

**O6**

**Rower\*** 1,000m

350m

150m

**O7**

**Walking Lunges** 100m

Body Weight

**O8**

**Burpee Broad  
Jumps** 80m\*\*

20m each

**Sprint Finish** 40m

\* Suggested Split

\*\* See comments for breakdown

# TRYKA



# RACE FORMAT



Group

Adults + 10-11 Years. Boys & Girls

Adults

Youngsters

**O1** **SkiErg\*** 1,000m

350m

150m

**O2** **Kettlebell  
Farmers Carry** 200m\*\*

4kg

**O3** **RamThrusters** 60 reps    20 x 8.5/15kg    10 x 5kg  
(with RAM roller)

**O4** **Sled Push** 4 x 12.5\*\*

36.5 kg

**O5** **Sled Pull** 4 x 12.5\*\*

25kg

**O6** **Rower\*** 1,000m

350m

150m

**O7** **Walking Lunges** 100m

Body Weight

**O8** **Burpee Broad  
Jumps** 80m\*\*

20m each

**Sprint Finish** 40m

\* Suggested Split

\*\* See comments for breakdown

# TRYKA



# RACE FORMAT



Group

Adults + 12-13 Years. Boy

Adults

Youngsters

**O1**

**SkiErg\*** 1,000m

350m

150m

**O2**

**Kettlebell  
Farmers Carry** 200m\*\*

4kg

**O3**

**RamThrusters** 60 reps 20 x 8.5/15kg 10 x 5kg  
(with RAM roller)

**O4**

**Sled Push** 4 x 12.5\*\*

75kg

**O5**

**Sled Pull** 4 x 12.5\*\*

50kg

**O6**

**Rower\*** 1,000m

350m

150m

**O7**

**Walking Lunges** 100m

5kg

**O8**

**Burpee Broad  
Jumps** 80m\*\*

20m each

**Sprint Finish** 40m

\* Suggested Split

\*\* See comments for breakdown

# TRYKA



# RACE FORMAT



Group

Adults + 14-15 Years. Girl

Adults

Youngsters

**O1**

**SkiErg\*** 1,000m

350m

150m

**O2**

**Kettlebell Farmers Carry** 200m\*\*

4kg

**O3**

**RamThrusters** 60 reps 20 × 8.5/15kg 10 × 5kg  
(with RAM roller)

**O4**

**Sled Push** 4 × 12.5\*\*

75kg

**O5**

**Sled Pull** 4 × 12.5\*\*

50kg

**O6**

**Rower\*** 1,000m

350m

150m

**O7**

**Walking Lunges** 100m

8.5kg

**O8**

**Burpee Broad Jumps** 80m\*\*

20m each

**Sprint Finish** 40m

\* Suggested Split

\*\* See comments for breakdown

# TRYKA



# RACE FORMAT



Group

Adults + 14-15 Years. Boy

Adults

Youngsters

**O1**

**SkiErg\*** 1,000m

350m

150m

**O2**

**Kettlebell  
Farmers Carry** 200m\*\*

16kg

**O3**

**RamThrusters** 60 reps  
(with RAM roller)

20 × 8.5/15kg

10 × 8.5kg

**O4**

**Sled Push** 4 × 12.5\*\*

100kg

**O5**

**Sled Pull** 4 × 12.5\*\*

75kg

**O6**

**Rower\*** 1,000m

350m

150m

**O7**

**Walking Lunges** 100m

10kg

**O8**

**Burpee Broad  
Jumps** 80m\*\*

20m each

**Sprint Finish** 40m

\* Suggested Split

\*\* See comments for breakdown

# TRYKA



# RACE FORMAT

Group

Adults + 14-15 Years. Girl

Adults

Youngsters



**O1** **SkiErg\*** 1,000m

350m

150m

**O2** **Kettlebell  
Farmers Carry** 200m\*\*

8kg

**O3** **RamThrusters** 60 reps 20 × 8.5/15kg 10 × 5kg  
(with RAM roller)

**O4** **Sled Push** 4 × 12.5\*\*

75kg

**O5** **Sled Pull** 4 × 12.5\*\*

50kg

**O6** **Rower\*** 1,000m

350m

150m

**O7** **Walking Lunges** 100m

8.5kg

**O8** **Burpee Broad  
Jumps** 80m\*\*

20m each

**Sprint Finish** 40m

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\*\* See comments for breakdown

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